

Borderline personality disorder

Preparing a Collaborative BPD Care Conversation

Adults | 10 to 15 minutes

Borderline personality disorder can involve several different patterns of distress; people do not all have the same experiences. A diagnosis does not define character or make harm inevitable. This page helps you discuss goals and care preferences without trying to confirm a diagnosis.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Choose a priority

Describe one current difficulty, such as intense distress during conflict or uncertainty about your needs. Include what you want the clinician to understand and what has helped you remain connected to care.

Make support predictable

Ask how treatment goals, session boundaries, between-session contact, and urgent support will be discussed. If self-harm or suicide is a concern, make a separate, collaborative safety plan with a qualified professional.

1. Which current experience most needs help, and what does it interrupt?**2. What has helped you feel heard and stay engaged in care?****3. What would you like to ask about treatment options, boundaries, or between-session support?****4. What change would show that the care plan is helping you?****Clinical use and adaptation**

Assess suicide and self-harm directly when relevant without assuming risk from diagnosis alone. Avoid stigmatizing language or interpreting disagreement as manipulation. Offer evidence-informed treatment discussion and consistent, collaborative boundaries.